Instructional Strategy 3

How School and Community Affect our Health

Explain the Seven Dimension of Wellness. This website from the University of California provides explanations of each. http://wellness.ucr.edu/seven\_dimensions.html

Divide students into 7 groups. Assign each group one area of wellness. Have each group brainstorm ways our school and community may affect their health. Use large paper and markers. When each group completes their list have them post their list on the wall. A spokesperson from each group and/or teacher will lead a class discussion about their group’s ideas.

Students will need to record the class’ lists onto their individual list in all areas.